

Breathless

拍數: 32 牆數: 4 級數: Improver
編舞者: Joe Warren
音樂: Breathless - The Corrs



SUGAR FOOT WITH HITCH

- 1 Touch right toe to left instep as you swivel on left foot towards front left oblique
- 2 Touch right heel to front as you swivel on left foot towards right front oblique
- 3 Step right foot beside left as you return to center
- 4 Touch left toe to right instep as you swivel on right foot towards right front oblique
- 5 Touch left heel to front as you swivel on right foot towards left front oblique
- 6 Step left foot beside right as you return to center
- 7 Hitch right knee as you raise arms into the air
- 8 Touch right foot beside left

TURNING RONDE, TRIPLE, SIDE ROCK, SAILOR

- 1 Point right foot forward in front of left
- 2 Sweep right foot to the right as you pivot $\frac{1}{2}$ to the right
- 3 Step right beside left
- & Step left beside right
- 4 Step right beside left
- 5 Step left foot to left side
- 6 Return weight to right foot
- 7 Step left foot behind right (5th foot pos)
- & Step right out to right side
- 8 Step left beside right

THREE WALL PADDLE TURNS

- 1 Bring the right foot into left instep as you weight the ball of the right foot (3rd foot position)
- 2 Swivel towards the left on ball of right as you step left into 3rd foot position
- 3 Bring the right foot into left instep as you weight to ball of the right
- 4 Swivel towards the left on ball of right as you step left into 3rd foot position
- 5 Bring the right foot into left instep as you weight the ball of the right foot
- 6 Swivel towards the left on ball of right as you step left into 3rd foot position
- 7 Bring the right foot into left instep as you weight the ball of the right foot
- 8 Swivel towards the left on ball of right as you complete a $\frac{3}{4}$ turn around the floor

MARCH FORWARD, SKIP BACK

- 1 Walk forward on right
- 2 Walk forward on left
- 3 Walk forward on right
- 4 Touch forward with left
- & Hitch left knee as you scoot back on right
- 5 Step back on left
- & Hitch right knee as you scoot back on left
- 6 Step back on right
- & Hitch left knee as you scoot back on right
- 7 Step back on left
- 8 Touch back on right

REPEAT

